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A Comparative Study of Adjustment problems related to Physical, Economical, Emotional, Familial and Social areas of Old Age People residing in Families and Old Age Homes

1 Introduction to Study

Due to the recent development in the fields of science and medicine, the average life of the people all over world has been extended. The average life of Indians is round about 62 years. The number of old people increases every year. The life and living on the other side has become more complex and complicated.

Elders are alienated from mainline activities due to many factors young persons have started to move from rural to urban areas, in quest for economic progress and financial comfort. Seniors who were in charge of family since beginning find that they are being challenged to reduce their position in favour of young grown up children. In some situation transition process is full of friction and turmoil. Attitude moulding has created number of add-on emotional, familial and social problems

New generation moves to newer pastures away from their places of growing up, crossing cities, states and countries sometimes forcing “can not help” situation as a natural consequence. Young children have also found that their parents are many times too sick or unwell or diseased to take care of themselves or to get Doctor’s care even in emergency situations

All attributes like above make Old Age Homes and produce new social life style. In Indian context mainly two types of Old Age Homes are found

1-Free of charge
2- Paid

The first type of Old Age Homes are mainly occupied by destitute or abandoned persons who are sans reliable social contacts in search for home, food and other daily necessities.
The other type provides care in exchange for payment. These are more occupied by ‘retired’ types of persons. With Gujarat’s relative better economic position Gujarati persons are more seen in above types of Old Age Homes.

In old age there are many adjustment problems like: 1
Physical adjustments
2 Economical adjustments
3 Emotional adjustments
4 Familial adjustments
5 Social adjustments

2 The Problem Statement

In old age there are many adjustment problems like: 1
Physical adjustments
2 Economical adjustments
3 Emotional adjustments
4 Familial adjustments
5 Social adjustments
To study problems of adjustments faced by elders staying with Families and in Old Age Homes

3 Objectives of this Research

The specific objectives are as follows:

To assess critically the problems faced by the Old Age persons staying with Families and in Old Age Homes with respect to their Adjustments on Physical, Economical, Emotional, Familial and Social areas and also Total Adjustments required.

To find out the differences in Adjustment levels on gender and gender free basis

Old persons staying in Family are to be compared with those staying in Old Age Homes for Adjustment Levels.

1-To compare Adjustment Level of old age persons who are staying in Families and Old Age Homes

2- To compare Adjustment Level of old age Males who are staying in Families and Old Age Homes

3- To compare Adjustment Level of old age Females who are staying in Families and Old Age Homes

4- To compare Physical Adjustment Level of old age persons who are staying in Families and Old Age Homes

5- To compare Physical Adjustment Level of Males who are staying in Families and Old Age Homes

6- To compare Physical Adjustment Level of Females who are staying in Families and Old Age Homes

7- To compare Economical Adjustment Level of old age persons who are staying in Families and Old Age Homes

8- To compare Economical Adjustment Level of Males who are staying in Families and Old Age Homes

9- To compare Economical Adjustment Level of Females who are staying in Families and Old Age Homes

10- To compare Emotional Adjustment Level of old age persons who are staying in Families and Old Age Homes

11- To compare Emotional Adjustment Level of Males who are staying in Families and Old Age Homes

12- To compare Emotional Adjustment Level of Females who are staying in Families and Old Age Homes

13- To compare Familial Adjustment Level of old age persons who are staying in Families and Old Age Homes

14- To compare Familial Adjustment Level of Males who are staying in Families and Old Age Homes

15- To compare Familial Adjustment Level of Females who are staying in Families and Old Age Homes

16- To compare Social Adjustment Level of old age persons who are staying in Families and Old Age Homes

17- To compare Social Adjustment Level of Males who are staying in Families and Old Age Homes

18- To compare Social Adjustment Level of Females who are staying in Families and Old Age Homes

4 Significance of the study

It is inevitable for any person to age and become senior citizen and give active role to new generation of youth. Study is essential to get insight into adjustments and comfort experienced by Old age persons who once were active and influential at least in their own personal life.

5 Scope of the study

The present study covers the four different Districts of South Gujarat. The study is important in the local environment to find out the trend of Adjustments required by seniors while staying in Family and in Old Age Homes.

6 Limitation of the study

The study and the research will be limited to the South Gujarat's Four Districts- Bharuch, Surat, Navsari and Valsad only.

Caste, Education, Economic Status and Vocation, size of Family, Marital Status etc are not considered

The research will be carried out on the Physical, Economical, emotional, familial and social adjustments required by Old age persons.

7 The Methodology

The methodology which will be used for carrying out the report will be used as Follows:

7.1 Types of Data Source

For present research work, primary as well as secondary data will be used. Research will be broadly classified into two sections. Various statistical tools will be used to suggest and analyse the primary and secondary data.

7.2 Tools of collecting Primary Data

The information will be collected directly from the Old age persons staying with Family and Old Age Homes.

Questionnaire and Surveys: This will include range of response questions, close ended questions, providing limited answers to specific responses or on a numeric scale.

Interview: This will include people to interview, Develop the interview questions including open-ended questions and close ended questions and carefully eliminating leading questions.

7.3 Research Design

A1						A2						
	B1	B2	B3	B4	Total		B1	B2	B3	B4	Total	G total
C1	20	20	20	20	80	C1	20	20	20	20	80	160
C2	20	20	20	20	80	C2	20	20	20	20	80	160
Total	40	40	40	40	160	Total	40	40	40	40	160	320

A1=Staying with Family

A2=Staying in Old Age Home
B1=Bharuch District
B2=Surat District
B3=Navsari District
B4=Valsad District
C1=Male
C2=Female
N=160
n=20

7.4 Variables

Independent variables:

Gender-Male and Female
Residence-In family and Old Age Homes

Dependent Variables:

Physical adjustments
Economical adjustments
Emotional adjustments
Familial adjustments
Social adjustments

Controlled variables:

Age-above 60 years
Areas-only South Gujarat Districts

7.5 Sample Size: Sample size is 160 in both the categories i.e. 160+160=320

Data of 160 Old age persons will be collected who are staying with the family.

Data of 160 Old age persons will be collected who are staying with the Old Age Homes. Data

of 160 in each category will consist of 80 males and 80 females.

Data of 160 will be divided into four districts-Bharuch, Surat, Valsad, and Vapi.

Each district will have 40 observations divided equally Gender wise.

7.6 Sampling Technique

The study will be using Simple Random sampling. All these data will help in formulating as very comprehensive case study. All sample units will be personally contacted and interviewed.

7.7 Tools of collecting Secondary Data

Various statistical tools will also be used to analyze the secondary data.

Document Review: - Obtaining the actual forms and operating documents currently being used. Reviews blank copies of forms and samples of actual completed forms.

Observation: - analyzing annual reports and press releases, verifying the statements made during the interviews.

Web Search: - The information related to outside region (other part of India and Globe) will be studied from internet to other published papers.

Various policies from National organisation will be dealt in details by referring various government publications and reference book, journals, published data from time to time.

Research of journals, periodicals, technical materials, electronics/internet search, professionals meetings, seminars and discussions, site visits etc.

Sampling like records, reports, operational logs, data entry documents, complaints, and various types of forms.

7.8 Tools

In this research the Researcher uses seven point Likert-type scale of adjustment. In this scale 10-10 statements are given in all the five areas i.e. Physical adjustment, Economical adjustment, Emotional adjustment, Familial adjustment and Social adjustment. In this scale 50 statements are given. The scale is seven point scale measuring their levels of adjustment in all these five areas.

7.9 Analysis of Data

Collection of data
Tabulation of data
Mean and standard deviation
'T' test for the comparison of Means
ANOVA
Chi square Test

7.10 Hypotheses

1 Total adjustment is more in old age people staying in Families than those staying in Old Age Homes

2 Adjustments is more in old age males who are staying in Families than those staying in Old Age Homes

3 Adjustments is more in old age females who are staying in Families than those staying in Old Age Homes

4 Total physical adjustments is more in old people who are staying in Families than those staying in Old Age Homes

5 Physical adjustments is more in old age males who are staying in Families than those staying in Old Age Homes

6 Physical adjustments is more in old age females who are staying in Families than those staying in Old Age Homes

7 Total Economical adjustments is more in old age people who are staying in Families than those staying in Old Age Homes

8 Economical adjustments is more in old age males who are staying in Families than those staying in Old Age Homes

9 Economical adjustments is more in old age females who are staying in Families than those staying in Old Age Homes

10 Total family adjustments is more in old age people who are staying in Families than those staying in Old Age Homes

11 Family adjustments is more in old age males who are staying in Families than those staying in Old Age Homes

12 Family adjustments is more in old age females who are staying in Families than those staying in Old Age Homes

13 Total Emotional adjustments is more in old age people who are staying in Families than those staying in Old Age Homes

14 Emotional adjustments is more in old age males who are staying in Families than those staying in Old Age Homes

15 Emotional adjustments is more in old age females who are staying in Families than those staying in Old Age Homes

16 Total Social adjustments is more in old age people who are staying in Families than those staying in Old Age Homes

17 Social adjustments is more in old age males who are staying in Families than those staying in Old Age Homes

18 Social adjustments is more in old age females who are staying in Families than those staying in Old Age Homes

8 Chapter Layout:

The following will be chapter schema of Research report.

Chapter-1

1.1 Introduction

1.2 Statement of the Problem

1.3 Importance of the Study

1.4 Objective of the Study

1.5 Nature of the Study
- 1.5.1 Concept of Ageing
- 1.5.1.1 Biological Theories of Aging-Senescence
- 1.5.1.2 Stress Theories of Aging
- 1.5.1.3. Psychological Theories of Aging
- 1.5.1.4 Theories of Cognition
- 1.5.1.5 Theories of Everyday Competence
- 1.5.1.6 Social-Psychological Theories
- 1.5.1.7 Anthropological Theories
- 1.5.1.8 Life Course Theories
- 1.5.1.9 Social Theories of Aging

- 1.5.2 Concept of Adjustment
- 1.5.2. 1 Adjustment In Relation To Aging
- 1.5.2.2 Adjustment (Developmental) Tasks Of Old Age
- 1.5.2.3 Patterns of Adjustment to Aging
- 1.5.2.4 Intervention towards Adjustment in Old Age People
- 1.5.2.5 Adjustment in Palliative Care

1.5.3 Concept Of Old Age
1.5.3.1 Common Changes in Old Age
1.5.3.2 Common Problems in Old Age

1.5.3.2.1 Diseases Found In Elders
1.5.3.2.2 Isolation
1.5.3.2.3 Retirement
1.5.3.2.4 Inter Generation Relationship
1.5.3.2.5 Abuse of Old Age Person

1.5.4 Concept of Family
1.5.4.1 Definition of Family
1.5.4.2 Structure of Family
1.5.4.3 Function of Family
1.5.4.4 Ageing in Family

1.5.5 Concept in Details of Old Age Homes (OAH)
1.5.5.1 Luxurious Old Age Homes and Retirement Townships in India
1.5.5.2 Enabling Elders

1.6 Area of Study

1.6.1 Old Age Homes in Gujarat
1.6.2 List of Age Old Homes in Gujarat
1.6.3 Government Administered Schemes
1.6.4 Government Acts and Legislations

Chapter 2: Review of Literature and Research

Chapter 3: Research Methodology

Chapter 4: Analysis of Data

Chapter 5: Conclusion

Chapter 6: Suggestions

Chapter 7: Bibliography

Annexure 1: List of Tables
Annexure 2: List of Graphs
Annexure 3: Questionnaire

9 Results and Discussion

T-test Results

Gender Combine

Group	Adjustmt	n	Mean	Std Dev	t value	t Value from Table at 0.05 significance	Sig/NonSig (S/NS)
Staying in Family	Total	160	207.91	49.11	1.27	1.96	NS
Staying in OAH		160	199.91	63.09			
Staying in Family	Physical	160	41.28	17.33	2.83	1.96	S
Staying in OAH		160	36.24	14.37			
Staying in Family	Economical	160	39.37	18.09	-2.295	1.96	NS
Staying in OAH		160	43.6	14.71			
Staying in Family	Emotional	160	43.37	17.15	3.354	1.96	S
Staying in OAH		160	37.02	16.71			
Staying in Family	Familial	160	41.16	17.73	-2.12	1.96	NS
Staying in OAH		160	45.08	15.2			
Staying in Family	Social	160	42.74	18.35	2.443	1.96	S
Staying in OAH		160	37.98	16.43			

Gender
Male

Group	Adjustmt	n	Mean	Std Dev	t value	t Value from Table at 0.05 significance	Sig/NonSig (S/NS)
Staying in Family	Total	80	211.53	45.59	-0.07	1.96	NS
Staying in OAH		80	212.13	62.22			
Staying in Family	Physical	80	42.51	17.96	1.06	1.96	NS
Staying in OAH		80	39.81	14.12			
Staying in Family	Economical	80	41.14	17.14	-1.78	1.96	NS
Staying in OAH		80	45.61	14.58			
Staying in Family	Emotional	80	45.36	16.78	2.13	1.96	S
Staying in OAH		80	39.61	17.34			
Staying in Family	Familial	80	38.67	18.42	-3.16	1.96	NS
Staying in OAH		80	46.86	14.06			
Staying in Family	Social	80	43.84	18.99	1.30	1.96	NS
Staying in OAH		80	40.23	16.09			

Gender
Female

Group	Adjustmt	N	Mean	Std Dev	t value	t Value from Table at 0.05 significance	Sig/NonSig (S/NS)
Staying in Family	Total	80	204.29	52.43	1.83	1.96	NS
Staying in OAH		80	187.7	61.95			
Staying in Family	Physical	80	40.04	16.7	3.05	1.96	S
Staying in OAH		80	32.66	13.79			
Staying in Family	Economical	80	37.6	18.94	-1.49	1.96	NS
Staying in OAH		80	41.59	14.65			
Staying in Family	Emotional	80	41.38	17.39	2.65	1.96	S
Staying in OAH		80	34.42	15.74			
Staying in Family	Familial	80	43.64	16.76	0.134	1.96	NS
Staying in OAH		80	43.29	16.15			
Staying in Family	Social	80	41.64	17.74	2.18	1.96	S
Staying in OAH		80	35.74	16.55			

1Total Adjustment is **same** in old age people staying in families than those staying in old age homes
2 Total Adjustments is **same** in old age Males who are staying in families than those staying in old age homes
3 Total Adjustments is **same** in old age Females who are staying in families than those staying in old age homes
4 Physical Adjustments is **more** in old people who are staying in families than those staying in old age homes
5 Physical Adjustments is **same** in old age Males who are staying in families than those staying in old age homes
6 Physical Adjustments is **more** in old age Females who are staying in families than those staying in old age homes

7 Economical Adjustments is **same** in old age people who are staying in families than those staying in old age homes
8 Economical Adjustments is **same** in old age Males who are staying in families than those staying in old age homes
9 Economical Adjustments is **same** in old age Females who are staying in families than those staying in old age homes
10 Emotional Adjustments is **more** in old age people who are staying in families than those staying in old age homes
11 Emotional Adjustments is **more** in old age Males who are staying in families than those staying in old age homes
12 Emotional Adjustments is **more** in old age Females who are staying in families than those staying in old age homes
13 Family Adjustments is **same** in old age people who are staying in families than those staying in old age homes
14 Family Adjustments is **same** in old age Males who are staying in families than those staying in old age homes
15 Family Adjustments is **same** in old age Females who are staying in families than those staying in old age homes
16 Social Adjustments is **more** in old age people who are staying in families than those staying in old age homes
17 Social Adjustments is **same** in old age Males who are staying in families than those staying in old age homes
18 Social Adjustments is **more** in old age Females who are staying in families than those staying in old age homes

F-Test was applied to study significance of difference in Mean obtained for Old Persons staying in Families and in Old Age Homes.

ANOVA for between Types of Adjustment

Types of Adjustment

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	3381.584	4	845.396	2.989	.018
Within Groups	451121.291	1595	282.835		
Total	454502.874	1599			

The F-Statistic found is 2.99.
The Probability of F value 2.99 is 0.018 which is less than 0.05 at 5% significant level that means there are significant differences between Mean of different types of adjustment-Physical Adjustment, Economical Adjustment, Emotional Adjustment, Familial Adjustment, and Social Adjustment.

Chi Square Test shows that

Group-Combine	Adjustment	n	Less than Mean	Greater than Mean	Chi Square value	Chi Sq table Value at 0.05 sign	Sig/NonSig (S/NS)
Staying in Family	Total	160	76	84	3.21	3.84	NS
Staying in OAH		160	92	68		3.84	
Staying in Family	Physical	160	76	84	3.62	3.84	NS
Staying in OAH		160	93	67		3.84	
Staying in Family	Economical	160	91	69	1.81	3.84	NS
Staying in OAH		160	79	81		3.84	
Staying in Family	Emotional	160	69	91	14.53	3.84	S
Staying in OAH		160	103	57		3.84	
Staying in Family	Familial	160	84	76	0.113	3.84	NS
Staying in OAH		160	81	79		3.84	
Staying in Family	Social	160	70	90	9.83	3.84	S
Staying in OAH		160	98	62		3.84	

Group -Male	Adjustment	n	Less than Mean	Greater than Mean	Chi Square value	Chi Sq table Value at 0.05 sign	Sig/NonSig (S/NS)
Staying in Family	Total	80	33	47	1.61	3.84	NS
Staying in OAH		80	41	39		3.84	
Staying in Family	Physical	80	36	44	0.025	3.84	NS
Staying in OAH		80	37	43		3.84	
Staying in Family	Economical	80	44	36	3.61	3.84	NS
Staying in OAH		80	32	48		3.84	
Staying in Family	Emotional	80	48	32	3.61	3.84	NS
Staying in OAH		80	36	44		3.84	
Staying in Family	Familial	80	32	48	3.61	3.84	NS
Staying in OAH		80	44	36		3.84	
Staying in Family	Social	80	33	47	3.6	3.84	NS
Staying in OAH		80	45	35		3.84	

Group-Female	Adjustment	n	Less than Mean	Greater than Mean	Chi Square value	Chi Sq table Value at 0.05 sign	Sig/NonSig (S/NS)
Staying in Family	Total	80	43	37	1.65	3.84	NS
Staying in OAH		80	51	29		3.84	
Staying in Family	Physical	80	40	40	6.67	3.84	S
Staying in OAH		80	56	24		3.84	
Staying in Family	Economical	80	47	33	0	3.84	NS
Staying in OAH		80	47	33		3.84	
Staying in Family	Emotional	80	37	43	12.6	3.84	S
Staying in OAH		80	59	21		3.84	
Staying in Family	Familial	80	36	44	2.03	3.84	NS
Staying in OAH		80	45	35		3.84	
Staying in Family	Social	80	37	43	6.5	3.84	S
Staying in OAH		80	53	27		3.84	

1 Total adjustment is **same** in old age people staying in families than those staying in old age homes
2 Adjustments is **same** in old age males who are staying in families than those staying in old age homes
3 Adjustments is **same** in old age females who are staying in families than those staying in old age homes
4 Total physical adjustments is **same** in old people who are staying in families than those staying in old age homes
5 Physical adjustments is **same** in old age males who are staying in families than those staying in old age homes
6 Physical adjustments is **more** in old age females who are staying in families than those staying in old age homes
7 Total Economical adjustments is **same** in old age people who are staying in families than those staying in old age homes

8 Economical adjustments is **same** in old age males who are staying in families than those staying in old age homes
9 Economical adjustments is **same** in old age females who are staying in families than those staying in old age homes
10 Total Emotional adjustments is **more** in old age people who are staying in families than those staying in old age homes
11 Emotional adjustments is **same** in old age males who are staying in families than those staying in old age homes
12 Emotional adjustments is **more** in old age females who are staying in families than those staying in old age homes
13 Total family adjustments is **same** in old age people who are staying in families than those staying in old age homes
14 Family adjustments is **same** in old age males who are staying in families than those staying in old age homes
15 Family adjustments is **same** in old age females who are staying in families than those staying in old age homes
16 Total Social adjustments is **more** in old age people who are staying in families than those staying in old age homes
17 Social adjustments is **same** in old age males who are staying in families than those staying in old age homes
18 Social adjustments is **more** in old age females who are staying in families than those staying in old age homes

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